

Abstract

Title: Changing of social cohesion through courses in nature

Aims: Aim of the study is to provide a comprehensive perspective on the topic of changes of the social cohesion of groups after the course activities in nature.

Methods: Methods used in the work are text analysis with secondary data analysis.

Results: An analysis of available sources revealed that the odds of outdoor activities have a positive effect on the development of social cohesion among work groups as well as groups of adolescents and sports teams. The work also deals other benefits of outdoor activities courses.

Key words: social cohesion, team building, outdoor education, sociometry, group, team